

I claim:

1. A golf practice and exercise device for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base portion and having an outwardly extending mounting arm extending above an impact position of a golf club when swung by a golfer standing beyond the outer extent of said mounting arm, and a moveable member suspended from said mounting arm to the impact position to be struck by a golf clubhead during a normal swing of a golf club, said moveable member having a surface at the impact position of a size at least that of the corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without concentration on striking the small target of a golf ball, said moveable member providing sufficient resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development while allowing the head of the golf club to move the moveable member sufficiently for the golf clubhead to ultimately pass thereunder and allow the golfer to complete the follow-through of the golf swing.

2. A golf practice and exercise device according to claim 1 and further comprising said moveable member being swingably suspended from said mounting arm and having an object formed thereon at the impact position, said object being of a mass at least that of a softball to provide substantial resistance to impact of a golf club to impose muscular strain on the golfer for muscle development while being limited in mass to allow the head of a golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing.

3. A golf practice and exercise device according to claim 2 and further comprising said object being generally spherical and approximately 4 to 5 inches in diameter.

4. A golf practice and exercise device according to claim 3 and further comprising said object weighing approximately 4 to 12 ounces.

5. A golf practice and exercise device according to claim 3 and further comprising said object weighing approximately 6 to 7 ounces.

6. A golf practice and exercise device according to claim 2 and further comprising said mounting member includes a flexible cord attached to said mounting arm and suspending said object therefrom.

7. A golf practice and exercise device according to claim 6 and further comprising said mounting arm being approximately 1½ to 5 feet above the ground or floor.

8. A golf practice and exercise device according to claim 1 and further comprising said arm being approximately 3 feet above the ground or floor.

9. A golf practice and exercise device according to claim 6 and further comprising said cord being attached to a ring freely rotatably mounted on said arm for rotation of said ring, cord and object about a generally horizontal axis.

10. A golf practice and exercise device according to claim 6 and further comprising said object being alternatively attachable to said base for restraining said object against movement for alternative use of said object as a stop for the golf club in an impact position.

11. A golf practice and exercise device for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base portion and having an outwardly extending mounting arm extending above an impact position of a golf club when swung by a golfer standing beyond the outer extent of said mounting arm, a resilient member having an end secured to said mounting arm and suspended from said mounting arm to the impact position

to be struck by a golf clubhead during a normal swing of a golf club, said resilient member having a surface at the impact position of a size at least that of a corresponding surface of a softball to provide a large target so that the golfer can swing a golf club freely without concentration on striking the small target of a golf ball, said resilient member providing sufficient resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development while allowing the head of a golf club to move the resilient member sufficiently for the golf clubhead to ultimately pass thereunder and allow the golfer to complete the follow-through of the golf swing.

12. A golf practice and exercise device according to claim 11 and further comprising said resilient member being in the form of a flat strip having a flat surface facing the impact position of the clubhead and having a width at the impact position at least that of the diameter of a softball.

13. A golf practice and exercise device according to claim 11 and further comprising said resilient member being in the form of a plurality of flat strips secured contiguously in said mounting arm and having flat surfaces facing the impact position of the clubhead and having a width at the impact position of a size at least that of the diameter of the corresponding surface of a softball.

14. A golf practice and exercise device according to claim 13 and further comprising said plurality of flat strips comprises three flat strips.

15. A golf practice and exercise device according to claim 11 and further comprising said resilient member having an end at said impact position, which end is in the form of an object having a golf clubhead impact surface at the impact position of a size at least that of the corresponding surface of a softball and of a mass at least that of a softball.

16. A golf practice and exercise device according to claim 15 and further comprising said resilient member being in the form of a coil spring to the end of which is attached said object.

17. A golf practice and exercise device for use with a golf club, comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base portion and having an outwardly extending mounting arm extending above an impact position of a golf club when swung by a golfer standing beyond the outer extent of said mounting arm, a resilient flat strip having an end secured to said mounting arm and suspended from said mounting arm to the impact position and having a flat surface facing the impact position of a golf clubhead to be struck by a golf clubhead during a normal swing of a golf club, said resilient strip providing sufficient resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development while allowing the head of a golf club to move the strip sufficiently for the golf clubhead to ultimately pass thereunder and allow the golfer to complete the follow-through of the golf swing.

18. A golf practice and exercise device according to claim 17 and further comprising said plurality of flat strips secured contiguously in said mounting arm and having flat surfaces facing the impact position of the clubhead.

19. A golf practice and exercise device according to claim 18 and further comprising said plurality of flat strips being three flat strips.